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Your essential daily news | WEDNESDAY, JULY 13, 2016

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Former MP
Peter Stoffer
shows off a tiny
fraction of his
giant collection.
JEFF HARPER/METRO



HATS OFF TO YOU

**Heads up — about 6,500 caps are getting
auctioned for charity by the Stof** metroNEWS

'I'm scared, I'm angry'

CANADIAN LEGION

Gay musician angered after hearing slur while performing

A gay musician says he's angry and upset that he heard someone yell a homophobic slur at him during a recent performance in Halifax that he was then asked to cut short.

"I'm trying to deal with it and I'm not doing a good job of it. Today I'm upset, today I'm scared, today I'm angry. Today I'm asking myself, 'Why me?'" Bernie Doucette said Tuesday.

Doucette said he and his partner of 20 years, Eldon Gallant, were parked roughly 150 metres from the Royal Canadian Legion Halifax Branch Vimy 27 last Sunday having a cigarette before the show when they noticed a man in a blue jacket staring at them.

When it was time for him to start playing, Doucette said he gave Gallant a peck on the cheek and left the van.

He said the problems started dur-

ing his first set, when he noticed the man in the blue jacket going from table to table, whispering to people and pointing towards the stage.

As he started his second set, Doucette said he heard someone call out from across the room: "Get that faggot singer off the stage."

Doucette kept playing, but shortly after, the bartender told him it was "time to call it a day," he said.

He said after further questioning, the bartender told him, "Look, we'll pay you in full if you just leave."

Doucette, 52, said he's played in many legions and has always been treated "exceptionally."

"Let me be clear: This is not the legion. This is a couple of very ignorant, small-minded, immature people," said Doucette, who is from Cape Breton but currently lives in Halifax.

Bar manager Chris MacNeil said the legion is investigating the alleged homophobic slur. But MacNeil said Doucette was not asked to leave because of his sexual orientation. He says guests of the legion were not enjoying the music and were consequently leaving. THE CANADIAN PRESS



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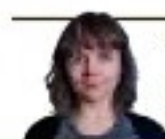


MUSIC LAURYN HILL OPENS 2016 JAZZ FESTIVAL Ms. Lauryn Hill takes the stage in front of a sold out crowd on the Halifax waterfront Tuesday night to kick off this year's Halifax Jazz Festival. On right, some of the 5,000 people who grooved along to her performance. The festival is running through Sunday. **JEFF HARPER/METRO**

Gottingen Street take-out spot a staple in the making

FOOD

The 244 wants to be a local hub for good eats at a low price



Yvette d'Entremont
Metro | Halifax

There wasn't much downtime for owners of a new Gottingen Street eatery as they served customers lined up to the door on the restaurant's opening day.

The smell of fried chicken and fries wafted out the open doorway as The 244 opened for its first day of business on Tuesday. There's space for a long counter and a few stools, but it's primarily a take-out spot.

"The food is amazing. You

won't regret it," one customer on his way out said in passing to one heading in to wait in a line-up behind 10 people.

The owners describe the spot as a place that serves simple, laid-back food using local ingredients whenever possible. Three of the four owners have lived within a one-block radius of the eatery for years.

They got together with the common belief that access to good food at a reasonable price helps create a better community.

"Everybody knows each other on this block, everybody sees each other every day. I really want this to be a place where everyone comes and runs into each other," said co-owner Rosemary McKernan as she was occasionally interrupted by passersby shouting hello.

Co-owner Ezra Edelstein said because The 244's owners have a wealth of combined experience



The 244 restaurant owners Rosemary McKernan, Ezra Edelstein and Frederic Tandy on opening day Tuesday. The trio also partners with co-owner Jens Heidenreich. ZANE WOODFORD/METRO

in the food industry, locally-sourced items are top of mind whenever possible.

He said cheese lovers, however, would appreciate the fact

the take-out spot's poutine is made using Quebec cheese curds.

"Ezra was the one who said we need a really good place for

lunch. We need a place where you can go and have a really good lunch for under \$10," McKernan recalled.

On opening day customers could choose from burgers, fried chicken, fries, salads and poutine. Edelstein said they'll add a menu item a day over the next week to include items like grilled cheese, fish and chips and tacos al pastor.

"I love it here. It's amazing. I think it's important to engage community and the food is great," said customer Beth MacPhee who showed up with her two young children for fried chicken, greek salad and soup.

"Rose is amazing at food in general. This is bringing together all the people that live here, that's the goal."

The 244 was given its name to pay homage to the address of The French Casino before the street's numbers were changed.

PROVINCIAL POLITICS

NDP leader to run in Chebucto

Ben Jamieson
For Metro | Halifax

The Nova Scotia NDP leader is running for office in Halifax Chebucto riding.

Gary Burrill, who was elected as leader of the provincial NDP this February, announced Tuesday that he will be seeking the nomination for candidate of Halifax Chebucto.

"Like people throughout our province, those who live in Halifax Chebucto have every reason to feel let down by the McNeil Liberals," he wrote Tuesday in a letter posted on the NDP website.

The NDP are currently forming candidate search committees in preparation for the next provincial election.

The Halifax Chebucto NDP nomination meeting is set to take place on Tuesday, July 26.

It's hats off to Stoffer as collection goes to auction

OFFICE CLEAR-OUT

Former MP puts over 6,500 caps up for sale in charity drive



Yvette d'Entremont
Metro | Halifax

Former MP Peter Stoffer managed to collect more than 9,000 hats in his 18 years on Parliament Hill, many of them tacked to the walls of his colourful Ottawa office.

When Stoffer cleaned out his office following his defeat

in the October 2015 election, he managed to get rid of 2,500 hats. But the bulk of his collection remained.

On Friday, the remaining 6,500 hats will be sold for prices ranging from \$1 to \$10, with all the proceeds going to four different charities.

His collection began modestly, but didn't take long to grow.

"When I was first elected as a Member of Parliament I went to Ottawa and brought three hats with me from here because if I'm going for a walk or going to a golf game I always like to wear a ball cap," he explained.

"I had them on my desk...A gentleman from the Labrador

Newfoundland Shrimp company came to see me about concerns over northern shrimp. At the end he said 'You collect hats do you?' so he gave me his company hat."

Stoffer decided to tack the hats up to display them on his wall.

"Then one of the cleaners down there had a couple of hats. He gave them to me so now I've got six. Then the next thing you know, other people came to visit and I got extra hats," he said.

"Then three people from

other parts of the country who died gave me their hat collections. One from B.C., one from Newfoundland and one from Ontario. There goes 3,000 or 4,000 more hats, and as you go along more and more people gave me more and more hats."

The hats range from sports caps to commemorative hats to military caps. Stoffer expects it'll take him about six hours to set up the 6,500 hats at the Kinsmen Community Centre on First Lake Drive in Lower Sackville prior to Friday's charity sale.

“It's a pretty neat collection. Come one, come all, get a hat.”
Former MP Peter Stoffer

Stoffer did keep two hats that he said had special meaning to him. They belonged to Second World War veteran Harold Chuck Elliot of Eastern Passage who left them to Stoffer in his will. Other than that, every other hat is up for sale.

"You name it...There are curling hats and all kinds from international countries," he said. "It's a pretty neat collection. We hope to raise some good money. Come one, come all, get a hat."

The Kinsmen, Kinettes, HMCS Sackville Trust and the Walter Callow Buses (serving veterans and the physically challenged) will all benefit from funds raised. The auction runs from noon until 9 p.m.

CHARLOTTETOWN

Officer in clear over land deal

The mayor of Charlottetown says he has been assured his chief administrative officer did nothing wrong during his tenure in Alberta.

Mayor Clifford Lee said that when news broke last week alleging Peter Kelly, who was CAO in Westlock County from September 2014 until this past February, violated the Municipal Government Act in Alberta, he reached out to the county reeve — equivalent to a mayor.

"I reached out to the reeve ... and spoke to him at length last Friday afternoon and received assurances that as far as he is concerned, Mr. Kelly was not in violation of any act," Lee said Tuesday.

According to the newspaper in Westlock County, Kelly left the job with an outstanding \$200,000 bill when he moved to P.E.I. earlier this year to take the job as CAO in Charlottetown.

The matter involves the cost to develop an eight-acre industrial park lot for a developer known as Horizon North. The Westlock News reported that an auditor says the county would never recoup the \$395,000 it spent to prepare the land.

The article says Kelly never brought the expenditure to council for approval, breaching the Municipal Government Act, an accusation Kelly denied in an interview. TC MEDIA

Planes, beers and cheers — one size fits all

Peter Stoffer's vast collection of hats really does include something from, and for, everyone



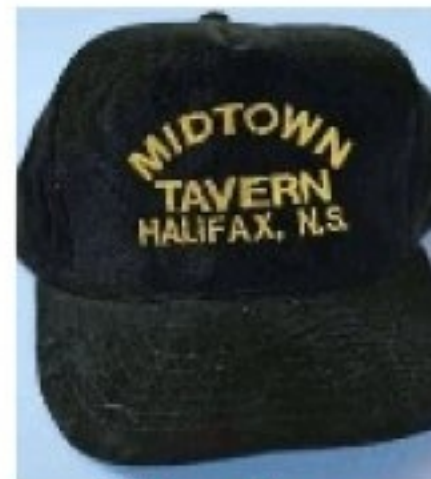
Camp Maple Leaf

This is a great group out of Peterborough, Ontario with a 105-acre camp for veterans and children with disabilities that I did fundraising and volunteering for. I have two. I got this one from a golf tournament where I was closest to the hole.



Holland

I received that from a fellow who went to Holland, obviously. I actually have 18 Dutch hats but wanted to pass the joy along. You never know when people may want a Holland hat.



Midtown Tavern

Believe it or not a guy came into my office in Ottawa years ago and said he got this great hat for me. I said I'm from Fall River. He said how far is that from Halifax? He thought I'd never heard of the Midtown before. Let me tell you...



Travel Spiel

I got this because Air Atlantic used to have these golf tournaments and these hats were given as prizes. Some of these hats are historic. Someone who's into airline history may like this because Canadian Airlines isn't around anymore.



TCA

Now that's an old one. TCA was a forerunner of Air Canada. That was one of 800 hats I got from a Liberal staffer whose dad died in Newfoundland/Labrador. They were sent to me in the mail.

ALL PICTURES: JEFF HARPER/METRO

\$200,000

Based on market trends, Westlock County stands to lose more than \$200,000 due to cost overruns on the deal involving Peter Kelly.

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DUGGERS

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Tidal turbines coming to Fundy

BUSINESS

Testing to start in 2017 as trio of companies unite for project

Ben Jamieson
For Metro | Halifax

A Dutch company is the latest to harness the Bay of Fundy's potential for renewable tidal energy.

Minas Tidal, a new development entity in Nova Scotia, announced Tuesday at the Nova Scotia Community College in Dartmouth that they have part-

nered with Minas Energy and Netherlands-based Tocardo International BV on a new tidal energy project in the Bay of Fundy.

The new turbines are set to start water testing by fall 2017 and will be anchored at the Fundy Ocean Research Centre for Energy's test sites in Minas Passage. The FORCE berths and four-megawatt power purchase agreement had previously been leased to Minas Energy but will now be transferred to Minas Tidal.

Tocardo's turbines are quite different from those designed for the Cape Sharp project. Rather than Cape Sharp's circular design the Tocardo turbines have four rotors, similar to wind turbines, a design quality that will make



An artist rendering of the project. CONTRIBUTED

repairs easier.

"If it fails we can get at this just by boat," said John Woods, vice-president of Energy Development of Minas Energy, on

Tuesday.

A major concern with tidal energy has been the potential negative impact on the fisheries industry. Tocardo said they are

interested in working with the fishermen, but was clear that both parties have to compromise to best deal with environmental change. "If we want to go to a circular economy and build with nature then we have to accept each other because if we don't change, (then) nature will change," Hans Van Breugel, Tocardo president, said Tuesday.

Tocardo plans to discuss supply chain needs with local fabricators, marine contractors and other industry partners in the coming weeks, with plans on a substantial long-term investment in the province. "In the next five years we expect to invest a couple of hundred million in Nova Scotia," Breugel said.

COLLISION

Man facing negligence charges in fatal N.S. crash

A Nova Scotia man is facing charges in a fatal collision that claimed the life of a 40-year-old woman in April.

On Tuesday, Barrington RCMP said in a release they had laid charges in a fatal collision that happened April 3, where a 40-year-old woman from Cape Sable Island was killed.

A pickup truck and a small SUV were involved in the head-on collision on Highway 309 in Villagedale, Shelburne County. Jason Lee Lamrock, 41, of Clark's Harbour has been charged with criminal negligence causing death. METRO

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Deaf dog wins agility title

PETS

Seven, a border collie mix, was called 'untrainable'

She was born deaf, and surrendered to the Nova Scotia SPCA as "untrainable."

But Seven, a suspected border collie who was rescued as a three-month-old puppy, recently received the Agility Trial Champion of Canada title, completing a seven-year climb through the ranks of canine athleticism with the rescuer who became trainer and teammate.

"It was a huge sense of relief because we'd been trying so hard for so long ... I felt the window was closing," said dog trainer and agility coach Adina MacRae.

"We needed to prove that deaf dogs can do it, because that's why she was surrendered — she was 'too deaf to train.'"

MacRae said she adopted Seven to show the world that



Seven, with the training of her owner Adina MacRae, is one of the only deaf dogs to earn the coveted Agility Trial Champion of Canada title. DARREN CALABRESE/THE CANADIAN PRESS

deaf dogs can do whatever hearing dogs can.

The now nine-year-old isn't the first deaf dog to achieve

the title, but MacRae said she believes she's the only Nova Scotian pup to ever do so.

Agility is a dog sport in

which a handler directs their canine through an obstacle course, aiming for both speed and accuracy.

The dogs must navigate jumps, a teeter-totter, weave poles and tunnels — normally following a human partner's hand signals and verbal cues.

Seven, who was born deaf, was rescued by the Nova Scotia SPCA as a three-month-old puppy.

The Agility Trial Champion — known as the ATChC — is obtained only after achieving every other title at the starter, advanced and masters level of competitive agility.

During a recent interview at Nova Dogsport in Harrietsfield, MacRae said she trained Seven by figuring out what motivated the medium-sized, grey and white pup with piercing blue eyes — and it was food.

She said instead of speaking to the dog, she uses hand signals such as a thumbs-up to indicate a job well done.

"I knew that she was starting to understand the thumbs-up hand signal when she started licking her lips in an-

ticipation of the treat," said MacRae as a restless Seven waited at her side, pink tongue lolling from a grinning mouth, eyes darting watchfully around the gym.

MacRae said using hand signals is actually a much more natural way to communicate with dogs because canines rely heavily on body language to communicate with each other.

Now that Seven — so named because she was the seventh dog added to MacRae and her partner's pack — has achieved

her championship title, MacRae says she'll likely retire. But she hopes Seven's career inspires people to adopt a rescue dog.

"Give a deaf dog a chance. They have great personalities and they can be trained just as easily if not more easily than the hearing dogs because there's fewer distractions for them. They can be great family pets," said MacRae.

THE CANADIAN PRESS

“

We needed to prove that deaf dogs can do it.

Adina MacRae

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UKRAINE A DRAMATIC END TO EASTERN EUROPEAN VISIT Canadian Prime Minister Justin Trudeau and his son Xavier watch Ukrainian military exercises with Canadian military instructors on Tuesday at the International Peacekeeping and Security Center in Yavoriv, near Lviv. They watched through binoculars as a Soviet-era armoured personnel carrier led a group of Canadian and Ukrainian soldiers toward a wooden building. The air shook as the vehicle's cannon fired several bursts in quick succession. AFP/GETTY IMAGES & THE CANADIAN PRESS

'We miss her, and we want her back'

CALGARY

Amber Alert issued for girl after her mom was found dead



Lucie Edwardson
Metro | Calgary

The family of Taliyah Leigh Marsman made an emotional plea for the five-year-old's safe return at a public press conference over noon Tuesday.

An Amber Alert was issued for the youngster after her mom, Sara Baillie, was found dead in a northwest Calgary home early Tuesday.

Flanked by cousins, caregivers, and co-workers of the little girl's mom, Taliyah's great uncle, Scott Hamilton, did most of the speaking at the Calgary police headquarters.

"To those who have taken Taliyah Leigh Marsman, please return her," he said. "Drop her off



Taliyah Leigh Marsman
HANDOUT/THE ASSOCIATED PRESS

at an RCMP station, or a Calgary Police Service station, grocery store, gas station — wherever you want. Contact the family to come pick her up. There'll be no questions asked. We love her, we miss her, and we want her back."

Family described Taliyah as a little girl who was very mature and appeared older than her five years. They stressed the pronunciation of the little girl's name — Ta-LEE-ah — noting she might not respond to other pronunciations. The family last had contact with Taliyah Sunday morning.

Insp. Don Coleman of the major crimes section said they haven't labelled anyone as a suspect, but are pursuing all investigative avenues.

"We're starting with her inner circle and working our way out," he said.

Coleman said although the investigation is two pronged, as it is a being investigated as both a homicide and a kidnapping, their primary goal is to bring Taliyah home.

"We're doing everything we can to get as much information out there to have Taliyah safely returned," he said.

Coleman said the investigators located Baillie's vehicle a few blocks away from her home and are now searching it for any evidence. There was also no signs of forced entry on Baillie's home, police said.

Babysitter Keisha Meas describes Taliyah as a loving young child.

"She loves to dance, play, make new friends," she said. "She's just so friendly and loving and caring."

Canadians split on tipping



Wanyee Li
Metro | Vancouver

An Angus Reid Institute poll released Wednesday shows while Canadians are split on the issue of tipping, more would rather see restaurants keep the practice than abandon it.

But Vancouver restaurant-owner Nevada Cope said the difficult decision to switch to a tipping model came down to revenue issues, not customer feedback.

"[It] was super heartbreaking to me. I wanted to make it work

but it came down to either me or the business," said Cope, who owns Ritual.

The restaurant paid its servers and kitchen staff a \$21 living wage when it opened in April until last Friday, when it changed to the conventional model of accepting tips.

Meanwhile, an Earls restaurant in Calgary launched a no-tipping model last week in favour of a 16 per cent hospitality charge.

Consumer opinion on the issue is split in Canada, with 46 per cent of respondents to the Angus Reid Institute poll reporting a preference for tipping

and 40 per cent responding in favour of a no-tipping model.

But Canadians do agree on one thing — the amount they tip falls between 10 and 20 per cent and the amount they tip does not change depending on service. Only 9 per cent of said they do so "often."

The idea that tipping is no longer about showing appreciation for good service is the strongest in B.C., with 71 per cent of respondents agreeing.

Cope said she is trying to remain true to her values — staff are paid more than minimum wage and together with tips, they earn a living wage.

EQUALITY

Anglicans approve same-sex unions after finding vote error

Questions about the integrity of the voting process in which Anglicans narrowly rejected a resolution to allow same-sex marriage emerged Tuesday, leading to a stunning reversal of the result that had caused anguish among many members.

A few delegates to the six-day General Synod stood up just a couple of hours before the session was to close to say their votes had not been recorded during voting late Monday — when

passage of the resolution failed by a single vote.

"That is an issue of concern," Archbishop Fred Hiltz, primate of the church, responded.

To pass, the resolution required two-thirds approval by lay, clergy and bishops. The clergy failed to reach that threshold by one vote, which was not counted because it was wrongly attributed to a lay member.

The error was discovered after delegates requested a detailed

hard copy of the electronic voting records.

"That is our reality," Hiltz told stunned delegates. "That the motion is in fact carried in all three orders."

He then declared the resolution in favour of same-sex marriage passed.

"Same Sex marriage. In the church. In my lifetime," tweeted Lauren Bryant-Monk, of Halifax. "I'm so proud to be Anglican today." THE CANADIAN PRESS

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Obama pays tribute to murdered officers

TEXAS

'We are not as divided as we seem,' president says

President Barack Obama urged Americans rattled by a week of violence and protests to find "open hearts" and new empathy Tuesday in a speech that sawed between honouring police officers for their bravery and decrying racial prejudice that can affect their work.

Obama stood next to five empty chairs for the white police officers killed last week by a black man seeking vengeance for police killings. Behind him, underscoring his message of unity: Dallas police officers, a racially diverse church choir and local officials who ranged from black Police Chief David Brown to former President George W. Bush, a Dallas resident.

Obama sought to reassure the nation that he understands the impact of the unsettling events



U.S. President Barack Obama speaks during a memorial service for the victims of the Dallas police shooting. AFP/GETTY IMAGES

of the past week — including the killing of two black men by white police officers as well as the Dallas attacks.

Disturbing videos of the events have "left us wounded and angry and hurt," he said.

"It is as if the deepest fault lines of our democracy have suddenly been exposed, perhaps even widened."

Undaunted, the president urged Americans to cast aside such doubt and replace it with faith in the nation's institutions and progress.

"Dallas, I'm here to say we

must reject such despair. I'm here to insist that we are not as divided as we seem. And I know that because I know America. I know how far we've come against impossible odds," he said.

The president spoke steps away from the chairs left empty for the five men killed last Thursday while protecting hundreds of people protesting the killings of black men in Louisiana and Minnesota.

The Army veteran killed by police after the Dallas attack said he was motivated by revenge.

THE ASSOCIATED PRESS



Hillary Clinton and Sen. Bernie Sanders wave to supporters Tuesday during a rally in Portsmouth, N.H., where Sanders endorsed Clinton for president. ANDREW HARNIK/THE ASSOCIATED PRESS

U.S. ELECTION

'Far and away the best': Sanders endorses Clinton

With hugs and handshakes, Bernie Sanders endorsed Hillary Clinton for president on Tuesday and emphatically told his supporters their "political revolution" must now turn to electing his Democratic former rival.

Sanders bestowed his long-awaited support before a boisterous New Hampshire crowd, declaring he wanted to make it "as clear as possible as to why I am endorsing Hillary Clinton." He vowed to do everything he could to help her defeat Repub-

lican candidate Donald Trump.

"This campaign is about the needs of the American people and addressing the very serious crises that we face," Sanders said. He added: "And there is no doubt in my mind that, as we head into November, Hillary Clinton is far and away the best candidate to do that."

As Sanders delivered the endorsement just two weeks shy of the Democratic National Convention in Philadelphia, Clinton offered a huge smile, embracing

him as they raised their arms in unity. Clinton said the final four months of the campaign would be "much more enjoyable" working alongside Sanders and echoed her campaign slogan, "We are stronger together."

During much of her remarks, Clinton embraced many of Sanders' causes, vowing to oppose trade deals like the Trans-Pacific Partnership, fight to raise the minimum wage and overhaul campaign finance.

THE ASSOCIATED PRESS

LOUISIANA

Three arrested in plot to kill police

Police arrested three suspects and were seeking a possible fourth suspect accused of stealing several handguns as part of what authorities Tuesday described as "substantial, credible threat" to harm police officers in the Baton Rouge area.

The arrests come at a time of heightened tensions after the deadly police shootings of black men in Baton Rouge and Minnesota and the killing of five police officers in Dallas last week.

Authorities in Baton Rouge discovered the alleged plot while responding to a burglary at a pawn shop early Saturday



"We had credible threats against the lives of law enforcement in this city. Chief Carl Dabadie

morning, Baton Rouge police Chief Carl Dabadie said in a press conference. The first suspect arrested told police that "the reason the burglary was being done was to harm police officers."

"We have been questioned repeatedly over the last several days about our show of force and why we have the tactics that we have. Well, this is the reason,

because we had credible threats against the lives of law enforcement in this city," he said.

Authorities said they arrested one suspect at the pawn shop and tracked down two others. The third suspect arrested was a 13-year-old boy who was apprehended on a street. They called on the fourth suspect to turn himself in.

THE ASSOCIATED PRESS

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Canada still a grey area for viral game

POKÉMON GO

Players have lost gaming privileges, reports say

Genna Buck
Metro Canada



Never mind the risks of wandering into traffic, getting arrested for trespassing or even stumbling upon a dead body. What Canadian Pokémon GO users are most afraid of is getting banned from the viral new virtual-reality game.

There are unconfirmed reports of Canadian players having their accounts locked or gaming privileges revoked on the mobile app. Neither the developer, Niantic, nor the publisher, Nintendo, has commented about the rumours publicly.

Pokémon GO has not been officially released in Canada,

but that hasn't stopped die-hard fans. They've accessed it on iPhones by opening an American iTunes store account or on Android phones by downloading pirated versions of the program.

Neither option is endorsed by the company. But using Android application (APK) files from questionable Internet sites, called "sideloading," comes with the additional risk of picking up nasty malware that could steal personal information. But can Nintendo really see if you're playing pirated Pokémon GO on your phone, and reach in and stop you?

Though this hasn't been confirmed, it's totally possible and no hacking would be required, says web developer and coding instructor Ryan Christiani of Toronto's Hacker U.

"It's not released in Canada yet, so anybody with a Canadian-registered device would automatically be flagged, I assume. And if (GPS shows) your activity is in a region of the world that is not part of the

+ IN CANADA

The app is only available in the U.S., New Zealand and Australia. The Canadian release has been delayed because so many people have piled into the game that they have overwhelmed the company's servers.

release, that's another way they could tell," Christiani said.

The only obstacle for Canadians who are hell-bent on playing Pokémon GO right now is getting the app onto their phones, Christiani explained. Once it's downloaded, they can log in with a Pokémon or Google account and start chasing critters around the neighbourhood.

Pirated versions are not fakes. Canadian players are using the company's servers, which is why Niantic is free to lock people out if they violate its terms of service.

REACTION

Canadian Pokémon fans losing patience

Canadian Pokémon fans (or Pokémaniacs or Pokéholics, depending on who you ask) are past patiently waiting for the new augmented-reality app Pokémon GO. On social media they're crowing at Nintendo and Niantic to hurry up and get the game to the Great White North. "(I'm) losing my mind," said



Pokémon GO has not been officially released in Canada, but that hasn't stopped diehard fans. TORSTAR NEWS SERVICE

EFFECTS

Good and bad aspects

Pokémon GO, in some cases, is bringing communities together, but in other cases it is getting some people in real trouble. Here are some of the effects the game is having across the country.

1 Toronto — In their quest to catch 'em all, users in Toronto are rediscovering landmarks, avenues and alleyways in their city.

2 Ottawa — The game tempted hordes of would-be Pokémon masters into the downtown core on Tuesday, despite the heat, causing them to discover new restaurants, bars, parks and the country's seat of power.

3 Calgary — An officer gave a group of kids, aged 12 to 14, found wandering around a construction yard some strong words of advice about trespassing, and let them GO on their way. METRO



Everyone from adults to young children are playing Pokémon GO. TORSTAR NEWS SERVICE

Mike McDonald of Hamilton in a tweet to Metro. "I check Twitter and the App Store every five minutes," echoed Isaac Hatcher of Whitby, Ont.

But unlike many bandwagon-jumping events of the past, there hasn't been much hostility towards newcomers from diehard, long-time superfans.

"I love that people are into Pokémon again," McDonald said. The welcoming attitude may be a result of how widely beloved Pokémon was during its heyday in the 1990s and early 2000s.

"I think every millennial wants to try Pokémon GO at least a little bit," said Samantha

Emann, Metro's resident video game expert and co-host of the e-sports podcast Scrub League. "Pokémon hipsters are not a thing. Everybody was into it. Even if you weren't into it, you knew about it." GENNA BUCK/METRO

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ROSEMARY WESTWOOD ON BLACK LIVES MATTER'S GRACE

Coverage of the group has revolved not around the issues. It's revolved around how white mainstream Canada feels implicated. So in every exchange with the press, the movement's leaders have been forced to defend their existence.

Toronto's Black Lives Matter organizers often talk of playing the long game, as if standing on some high vantage point from which a future vista can be glimpsed.

For Rodney Diverlus — a frequent spokesperson — that vista is free of anti-black racism, and devoid of a militarized police. The long game, he says, offers sustained motivation. The long game may even serve to temper expectations, when events like the Dallas massacre of five police officers upends a conversation about violence against black people, and fuels a counter-narrative of police under attack. From the outside, the long game seems like a survival mechanism. From the outside, it's seems to give the Toronto chapters its signature, striking elegance.

Last week was a tumultuous one for the group, which has agitated for Canada's biggest city to recognize and dismantle systemic racism, most notably in policing, for the past two years. There was the distress of two police shootings of black men almost back-to-back in the U.S., followed by Dallas. Before all three events, the group had whipped up a Canadian controversy when they halted the July 3 Toronto Pride parade for 30 minutes. They unveiled nine demands for organizers, all focused on black and racial-minority visibility and support at the event, except for one, which called for an end to police parade floats.

Predictably and swiftly, the

BLM's tactics offend our Canadian gentility, and its premise underlines a pervasive racism we do not wish to see

press pounced and, mostly ignoring the eight demands, went for the jugular on the ninth. Mainstream outlets of supposedly conflicting political stripes struck a homogenous tone: Black Lives Matter was rude, a bunch of bullies, the antithesis of Pride's inclusivity. There was a widespread suspicion of their tactics, a general agreement that the group had only

Racism in Canada — against black people, indigenous people, Chinese people, and on and on — is not exactly splashy. Having tinted our entire culture like a dye, lacking the explosive, Jackson Pollock pigment patterns found in America, it allows many of us the option of ignoring it.

Thus, from the start, the coverage of Black Lives Mat-



GRACE UNDER FIRE Rodney Diverlus of Black Lives Matter Toronto speaks at a news conference on July 7. ☞

hindered its own cause. By the time media began publishing a lesser number of alternate reactions — suggesting such knee-jerk condemnation revealed a willful misreading of the deeply political nature of Pride events — the tone had been set. Black Lives Matter was the bad guy. As it's been from its inception, for fairly simple reasons.

The group is an affront to Canadian society on two levels: Its tactics offend our Canadian gentility (How rude! They held up a parade! And they didn't even ask first!) and its premise underlines a pervasive racism we do not wish to see (What are they complaining about? We're all friends here!).

ter protests (shutting down a major Toronto road; camping outside police headquarters) has revolved not around the issues that spawned them, like black incarceration rates, poverty rates and education rates. It's revolved around how white mainstream Canada feels uncomfortably implicated.

In every exchange with the press, the movement's leaders have been forced to defend their existence in the same breath as they advocate for change. Surly a tiresome task, but Black Lives Matter spokespeople rarely show it. And last week especially, in the face of a maelstrom of tone-deaf condemnations from the press, its leaders were unflappable.



Parents should make most of Pokémon Go



Catherine Little

It has been eight years since Pokémon fever raged at my house, so I was intrigued to hear about Pokémon Go, the incredibly popular augmented-reality smartphone game.

The idea is to use your phone's GPS to go to real places and "catch" virtual Pokémon. I have read a few articles describing the dangerous situations players have found themselves. And on Monday, I saw a segment of the CTV show *The Social* in which the hosts despaired for the future of humanity because people were wasting their time trying to become Pokémon Masters.

So far I've heard nothing about the game's potential learning opportunities. As a mom and teacher, I can tell you if we could harness and utilize the power of Pokémon, we would be able to reach a lot of children we might characterize as reluctant learners.

When Pokémon became the "big thing" at my son's school he was 6 and he wanted to collect the cards. I recalled that when my younger brother was interested in Pokémon, the cards were used to play a game, so I taught myself how to play. In addition to understanding my son's interest, I realized I could use it to help him learn to read.

I was right. Because he was highly motivated to learn the strengths and weaknesses of each character, it took him mere weeks to figure out how to decode the information on the cards. He also practiced basic addition and subtraction, which enabled him to track characters' health

points. Most importantly, he used higher-order thinking skills to build winning decks, wherein each of 60 cards complemented the others.

Eventually, we attended events and tournaments and met an incredibly friendly community. Experienced players were happy to mentor my son and share their knowledge and resources. I noticed that the best players were very smart but not necessarily motivated at school.

So far, Pokémon Go has been blamed for being so distracting that players are hurting themselves and neglecting their real-life relationships, but I see learning potential in this game too. Parents could use it to teach mapping and responsible use of GPS, as well as financial-literacy (e.g., how to manage the limits of a mobile-data plan). Parents can help their children learn to balance the game with their other responsibilities and teach them when it might be inappropriate to play.

Finally, this game requires players to go outdoors. Early reports are that it has been very successful in motivating people who might spend most of their time inside in front of a screen to explore ravines, parks and other natural areas. As a former outdoor education program co-ordinator, I know this is an important first step. So instead of fighting against it, it might be worth investigating how to leverage the teaching potential of something players find so highly motivating.

Catherine Little is an educator and consultant who writes about parenting, education and diversity

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Jamie Oliver's food emergency

EXCLUSIVE Q&A

Celeb chef on meatless Mondays and cheering on 'wonky veg'

Melita Kuburas
Metro | Canada



Food activism is a priority for celebrity chef Jamie Oliver.

Recently, he has made an effort to cut his meat consumption to less than three times a week, Oliver tells Metro in an email interview. He is also excited to see U.K. grocery stores selling "wonky veg" (or "ugly" produce, as it's known in North America) to reduce food waste and make fresh ingredients cheaper and more accessible.

We chatted with Oliver, who just opened his second Jamie's Italian location in Canada at Square One shopping centre in Mississauga, Ont., about his passion as he eyes expanding the restaurant across Canada.

Your first North American restaurant opened in Toronto last year and now we're getting a second. What have you learned about the scene here?

I think people in Greater Toronto are very savvy when it comes to food — they love the idea of being in a comfortable and casual environment, but really see the value in what we do. I think they definitely appreciate the sourcing behind and the quality of the ingredients we use, and at the same time, love the simple style of our food and the accessible environment.

You have been a big supporter of

getting children to eat healthier through school programs like Feed Me Better. What did you learn?

OK, it's been over 10 years since the first School Dinners campaign so I've learnt a lot, but I guess one of the most important things is that, in general, kids love to have ownership over the food they eat. Getting them involved in growing and cooking from an early age, will mean that they're much more likely to eat a wide range of foods as an adult. In the U.K., we have the Kitchen Garden Project, which helps schools to create kitchen gardens — the children look after, nurture and grow food, and go on to use their produce in a whole variety of lessons. They end up cooking and eating all kinds of fantastic food — it's inspiring to see.

What do you see as the next big cause you would like to throw your support for?

The current campaign, which is the global Food Revolution to tackle the worldwide problems of obesity and diet-related disease, is very long-term and I have no doubt that I'll still be working on it when I'm 90. We're at a point in history where we absolutely have to take urgent measures to help people all over the world to feed themselves better and keep themselves healthy. So there's one big campaign that is my focus now and for the foreseeable future.

What environmental issues do you see as being pivotal to ensuring the continued availability of affordable healthy food around the world?

I think one of the main issues is meat consumption. I'm a carnivore, but I've cut down considerably and now I probably only eat meat two or three times a week. I've ramped up my veggie meals in the last few

years — it started with Meat Free Monday, and expanded from there — not only does it make me feel better, but also it's better for the planet.

A lot of studies have shown there is a "grocery gap" in urban centres with healthy food being more difficult to get in some neighbourhoods. What do you see as the biggest barrier to healthy eating for urbanites?

Yes, this is a real problem in cities, and it's one of the many areas where I think governments and retailers can make a real difference in ensuring that customers on all budgets have access to fresh vegetables and fruit. In the U.K., one of our supermarkets started selling "wonky veg" — that's perfectly good veg which would otherwise be thrown away before it gets to the shops because it's not quite perfect — and that's an exciting development. Until we make fresh ingredients more affordable and accessible, we're not going to be able to properly solve our issues with diet-related disease.

What will be your favourites on the menu at the new Jamie's Italian?

You've got to try our organic pork chop from Du Breton, a third generation family run business — it's super-juicy and incredibly tasty! One of my all-time Jamie's Italian favourites is the Turkey Milanese, made with oozy fontina cheese from the Val de Aosta and San Daniele prosciutto. I'm also a big fan of the Super food salad — with a little bit of everything, from lentils, seeds and pops of pomegranate, to creamy avocado and a hit of harissa, it's jam-packed full of goodness.

We're at a point in history where we have to take urgent measures to help people all over the world to feed themselves better.
Jamie Oliver



Jamie Oliver's second restaurant in North America opened in the Greater Toronto Area, and he's eyeing an expansion across Canada. CONTRIBUTED

SCIENCE

New study finds sharing food boosts trust across the board



Breaking bread, or pizza, together really does lead to other kinds of sharing, like sharing ideas. ISTOCK

New research from the University of Chicago suggests when people eat the same food, they're more likely to co-operate and even trust a product testimonial more.

"When people eat the same food, they feel closer and then are more trusting," said Kaitlin Woolley, co-author of the study and a PhD candidate in behavioural science at the University of Chicago Booth School of Business.

The study — A recipe for friendship: Similar food consumption promotes trust and co-operation — was published online in the Journal of Consum-

er Psychology in June. It consists of four smaller studies carried out between 2013 and 2016 by Woolley and her co-author Ayelet Fishbach, a professor of behavioural science and marketing at the Booth School of Business.

In one experiment, they paired 176 students together and gave them bowls of candy. Half were told to eat the same candy and the other half told to eat different candies. Participants then played a trust game in which one person was assigned the role of fund manager and the other was assigned the role of in-

vestor. Those who ate the same candy invested more money than those who ate different candy.

In another experiment, 124 students were paired up and assigned the roles of either union leader or manager and told to negotiate wages. For half the teams, the two participants ate the same three snacks and for the other half, the two ate different snacks. Those who ate the same food came to a resolution in 3.63 strike rounds, twice as fast as dissimilar eaters.

Laura Cavanagh, a professor of behavioural sciences at Seneca

College who was not involved in the study, said the results make sense evolutionarily.

"We use a lot of mental shortcuts when deciding who to trust and not to trust," she said. "We're using the animal instincts in the back of the mind ... I know that (the food) is safe, I know that you're safe."

Cavanagh said humans' ability to process information quickly and navigate social situations has allowed our species to thrive, but these subconscious instincts could also leave us vulnerable to manipulation. TORSTAR NEWS SERVICE

RECIPE

Safe-to-eat cookie dough

Lovers of raw cookie dough, don't despair.

The U.S. Food and Drug Administration recently had to remind everyone to not indulge in this favourite unbaked treat after General Mills recalled 10 million pounds of flour containing a strain of E. coli, which gave dozens of people food poisoning.

The uncooked eggs in cookie dough have always presented a risk of salmonella, although a low one thanks to pasteurization. Health Canada recommends against eating raw cookie dough for this reason. Now we're told that eating uncooked flour can also lead to illness. This is because flour isn't heat- or pressure-treated to kill bacteria during the production process.

A quick online search for raw cookie dough recipes yields many eggless recipes but many contain raw flour. So as purveyors of everything delicious we feel the need to make a more updated cookie dough recipe that's actually safe to eat.

We took out the eggs and played with flour replacements. We settled on grinding rolled oats in a spice/coffee grinder to a fine powder; they have the most neutral flavour, and gave the dough a similar consistency to regular



This recipe makes two servings. TORSTAR NEWS SERVICE

cookie dough. But can this dough be baked? Out of curiosity we took heaping teaspoons of the dough and baked them on a lined baking sheet for 15 minutes at 350F (175C); then let them cool to room temperature. The cookies turned out flat since there's no leavening agent but they come out crispy and gooey, so if you like that it's a two in one.

Classic chocolate chip cookie dough

Ingredients:

- 1/4 cup (60 mL) room temperature unsalted butter
- 3 tbsp (45 mL) granulated sugar
- 1/4 cup (60 mL) brown sugar

- 1/2 tsp (2 mL) vanilla extract
- 1 tbsp (15 mL) milk
- 1/4 tsp (1 mL) kosher salt
- 3/4 cup (160 mL) finely ground rolled oats
- 1/4 cup (60 mL) semisweet chocolate chips

Directions:

1. In a medium mixing bowl, mix butter and sugars with rubber spatula until smooth.

2. Add vanilla, milk and salt. Mix until well-incorporated. Fold in ground oats and chocolate chips until smooth. Serve immediately or refrigerate for a stiffer texture.

TORSTAR NEWS SERVICE



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Fast food

Summer road trips often mean fast food, so choose wisely. Salads are not always what they seem to be!

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Wendy's Ultimate Chicken Grill Sandwich

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KING'S WHARF

King's Wharf welcomes new residents to the shore

Food truck parties, seaside patio dining and tranquil nights by the shore; the newly developed King's Wharf community offers all these summer delights to residents and visitors alike.

By next month, the newest building in the King's Wharf community will be ready for occupancy: The Killick is the fourth structure in this unique community and the first exclusively rental building. Each unit offers stunning views, contemporary interior design, floor-to-ceiling windows and six stainless steel appliances. The building also features en suite baths with soaker tubs and walk-in showers, natural gas heat, air conditioning and balconies. Indoor parking and storage, a guest suite, fitness room and social room will be available to residents. Currently, those who lease can take advantage of a one-year Eastlink Internet offer at no charge. Units start at \$1,395/month — a surprisingly affordable rate to enjoy luxury living on the harbour.

The marina at King's Wharf has slips that can be rented by the month or season, and is also home to the Harbour Water Taxi and now East Coast Water Craft rentals. Rent a Sea-Doo



CONTRIBUTED

to experience the beauty of the Halifax Harbour on the water, or simply stroll the Canal trail for relaxation and solitude.

This month, King's Wharf welcomes jewellery store Grund Designer Goldsmith as its newest retail tenant. The Killick building will also be home to Le Marche Fruit Boutique, a much anticipated market-style convenience store to be open later this summer.

Steps to the public ferry, less than a 10-minute drive to downtown Halifax and a short walk to Downtown Dartmouth's amenities, King's Wharf offers beauty, convenience and modern living.



It pays to sweat the details



REVIEW

New Prius a study in hybrid dedication

Mike Goetz
For Metro Canada



As the first mass-produced hybrid, and going it alone for a good stretch, the Toyota Prius went on to become the face of hybrid-vehicle technology.

Well, with the introduction of the new-generation version for model year 2016, the face is no longer the loveable and benign one we've come to expect from the Prius — not quite mean, but there is a definite smirk.

But that is all in keeping with Toyota's new plans for the Prius: to make it more engaging to drive and look at, and make it more appealing to a broader range of buyers — not just the crowd that lives for maximizing fuel economy — and has the spreadsheet and clipboard to prove it.

Our Prius test vehicle was the top-shelf Touring model, which comes with a lithium ion battery pack. Base models come with a nickel-metal hydride battery (as did all previous-generation Prius models). Battery packs have been relocated to under the rear seats, which opens up more cargo room.

The new Prius is based on a new platform, which is more low-slung than the previous one, and a lot stiffer and lighter, so

it feels great on the road.

The 121 net horsepower is not going to enact enough G-forces to contort your face under acceleration and/or cornering, but the overall refinement level of the powerteam, combined with good torque from both power units, make it very satisfying.

The cabin is still about broadcasting and enabling the hybrid experience, with lots of information disseminated on the drive train and real time fuel efficiency. But this time around, Toyota gave the Prius a bump up in interior aesthetics. Highlights include a wide, wrap-around instrument panel, and an available premium white ornamentation in the lower sections of the cabin, which is reminiscent of fine-bone china.

The Prius has a special role within Toyota — to push the envelope on efficiency and low emission technologies, and then share this expertise with the others. And it continues to show the way with the new 2016 model, through such tech as:

- S-flow air conditioning, which automatically focuses airflow only to areas where people are seated to save energy.
- Electric motor-generators, transaxle, power control unit, and hybrid batteries that are all smaller, lighter and more efficient than their predecessors.
- A 1.8-litre gas engine, which achieves a ground-breaking thermal efficiency of 40 per cent.

Don't worry if this doesn't excite you, as it might with the boys on The Big Bang Theory. You just need to know that Toyota sweated the details, and you'll notice.

ALL PHOTOS MIKE GOETZ/FOR METRO

THE CHECKLIST | 2016 TOYOTA PRIUS

THE BASICS

- **Type.** Five-door, FWD, compact hatchback
- **Power.** Hybrid, 1.8-litre 95-hp "Atkinson Cycle" I4, 60 kW electric motor generator system, 121 net horsepower
- **Transmission.** CVT
- **Base price (not including destination).** \$25,995



LOVE IT

- Wireless smart phone charging
- Toyota Safety Sense suite, which includes lane departure alert, pre-collision, and radar-enabled cruise control

LEAVE IT

- This "standard" Prius is just a bit small for an active family and all their stuff. You can see why Toyota introduced the V version, to give bigger families more elbow-room.

TODAY'S HOROSCOPE:

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THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Shawn Mendes Treat You Better
- 5 Kygo ft. Katy Perry Stay
- 4 Meghan Trainor Me Too
- 3 Selena Gomez Kill Em With Kindness
- 2 Twenty 21 Plots Ride
- 1 OneRepublic Wherever I Go

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PORSCHÉ

New Panamera even speedier, more powerful

The new Porsche Panamera Turbo may have clocked a 7:38 Nurburgring lap time, but Porsche isn't done yet. According to Motor Trend, an even more powerful and faster Porsche Panamera is in the works, borrowing hybrid technology from the 918 Spyder. The German automaker did confirm at the 2017 Porsche Panamera's debut that two hybrid models are on the way, and one looks to pack around 700 horsepower. But before then, expect Porsche to add a more powerful Panamera Turbo S to the lineup, sporting around 580 hp. That also means the Porsche Panamera Turbo S will likely turn in an even faster Nurburgring time than the 7:38 from the Turbo model. Eventually, however, there will be a range-topping model to rule them all.

JASON SIU/AUTOGUIDE.COM



HANDOUT

JIL MCINTOSH/TORSTAR NEWS SERVICE



RAM TRUCK

Rebel Rebelle

The Rebel Rally is the first women's off-road navigation race in the U.S., and this year will be the first year of competition. Ram Truck announced its support of Arizona businesswomen Nena Barlow and Kande Jacobsen, providing a 2016 Ram Rebel truck for the two women to drive in the Rebel Rally. The event covers a highly secret route between Lake Tahoe and San Diego.

JASON SIU/AUTOGUIDE.COM



THE ASSOCIATED PRESS FILE

INNOVATION

Toyota patents more than the next guy

For the second year in a row, Toyota was issued more patents than any other automaker. The Intellectual Property Owners Association recently published data on 2015 patents, and Toyota is the only automaker listed among the top 20 on the IPO list. JASON SIU/AUTOGUIDE.COM

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David Ortiz's Red Sox jersey is the most popular this season, judging by sales on MLBShop.com between Jan. 1 and the All-Star Game



Canadian women primed for Olympic simulation

SOCCER

Back-to-back games in France await national team

John Herdman and his Canadian women's soccer team head to France on Wednesday for their final two warmup games in advance of the Rio Games.

The goal is to recreate Olympic tournament conditions — specifically to face tough competition in No. 3 France on a short turnaround. Canada, currently ranked 10th in the world, plays No. 12 China in a closed-door friendly on July 20 before facing the French on July 23 in Auxerre.

Herdman notes the French are also playing China but are

giving themselves a week to recover and prepare for Canada.

"Our players will have a 48-hour recovery window," Herdman said. "Our goal was to try and replicate the experience that you have when you move from a semifinal to a final or from the (final) group game to a quarter-final, when you've really had to grind a result out and then you're playing against a world-class opponent."

"So the French are going into that game fresh, ready to go and our players are going to really have to grit it out, which is really the test that we're looking for. It's going to be good for the players."

Canada also played France in its final buildup to the 2015 Women's World Cup, losing 1-0 in Bondoufle.

The teams have played each other 11 times with four wins for Canada, four for France and three ties. The Canadians have only won one of the last seven meetings, however. The one win came in the 2012 Olympic bronze medal match with Diana Matheson scoring the lone goal in stoppage time.

The Canadian women have wrapped up a two-week camp in Vancouver that featured the 18-woman Olympic roster plus alternates Gabrielle Carle and Kailen Sheridan. Marie-Eve Nault, another alternate, remained with her Swedish club side but will join the national



Allysha Chapman, left, vies for the ball against Brazil's Debinha during Canada's last match on June 7 in Ottawa. Canada won 1-0. SEAN KILPATRICK/THE CANADIAN PRESS

team in Europe. Kaylyn Kyle, the fourth alternate, has been allowed to remain with her club side in Orlando but has

been in contact regularly with Herdman.

The team leaves for Rio from France on July 24 and will get to

spend a few days in the Olympic Village before heading to Sao Paulo to play Australia on Aug. 3. THE CANADIAN PRESS

GOLF

Spieth: Declining Rio will haunt me

Jordan Spieth said pulling out of the Olympics was the hardest decision he's ever made, and that it likely will haunt him as he's watching golfers compete for a gold medal in Rio de Janeiro for the first time in 112 years.

Spieth cited "health concerns" as his reason for withdrawing, though he said the Zika virus was only part of it. Asked what kept him out of the Olympics, the 22-year-old Texan would only say that it was personal and anyone in his shoes would have made the same choice.

"Why was it so hard? Because I'm a huge believer in Olympic golf," Spieth said Tuesday during a news conference ahead of the British Open.

"This year I just had to try and weigh a risk that doesn't present itself every year. And just at the time that I had to make the decision, I just felt this was the right move for me."

Spieth's stock has risen sharply in the last year after he won the Masters and U.S. Open and made a spirited run at the Grand Slam.

His decision means none of the top four in the world ranking will be in Rio. Jason Day, Dustin Johnson and Rory McIlroy previously pulled out, all citing Zika and their plans to start a family or have more children.

THE ASSOCIATED PRESS



"I'll probably watch the Olympics ... the events like track and field, swimming, diving — the stuff that matters."

Rory McIlroy

+ ON THE MEND

Goalkeeper Sabrina D'Angelo, returning from wrist surgery, is recovering well and has been training with outfield players.

"Tracking along nicely. There's been no hiccups," said Herdman, who hopes to get the young keeper back in full training July 22 or 23.

NHL

Coyotes sign Doan for another year

The Arizona Coyotes signed captain Shane Doan to a one-year contract with a base salary of \$2.5 million on Tuesday.

The total deal will be around \$5 million with a deferred signing bonus and deferred incentives for the NHL's longest-tenured captain.

The 39-year-old Doan is coming off one of his best seasons, leading Arizona with 28 goals and finishing with 19 assists in 72 games. He has spent his entire 20-year career with the



Shane Doan GETTY IMAGES

franchise, starting when it was in Winnipeg in 1995, and is its all-time leader in goals (296), points (945) and games (1,466).

THE ASSOCIATED PRESS

IN BRIEF

Results of Russian doping probe to be issued Monday

The results of the latest investigation into Russian doping will be released on Monday.

Canadian lawyer Richard McLaren will hold a news conference in Toronto to present the findings of his probe into alleged manipulation of doping samples in Russia.

The possibility of Russia's entire team being excluded from the Olympics in Rio de Janeiro is still on the table. THE ASSOCIATED PRESS

MLB

Manfred: Home run spike not from PEDs

With home runs up to a level not seen since the height of the Steroids Era, baseball commissioner Rob Manfred says he is not worried performance-enhancing drugs are a reason for the increase.

There was an average of nearly 2.32 home runs per game before the all-star break, up from 1.90 in the first half of last year and the most before the break since 2.56 in 2000.

"The increase in the number of home runs takes place against

13

Thirteen players have been suspended this year under the big-league drug program. Seven bans were issued in all of 2015.

a very, very different backdrop ... where Major League Baseball does 22,000 drug tests a year," Manfred said. THE ASSOCIATED PRESS



TOUR DE FRANCE FROOME HAS BREATHING ROOM The Czech Republic's Roman Kreuziger, from left, Great Britain's Christopher Froome, wearing the overall leader's yellow jersey, Poland's Maciej Bodnar and others ride during the 197-kilometre 10th stage of the 103rd edition of the Tour de France on Tuesday between Escaldes-Engordany and Revel. Froome kept the yellow jersey having built a 16-second lead over fellow Briton Adam Yates while Australian rider Michael Matthews edged world champion Peter Sagan and Edvald Boasson Hagen to claim his first stage win. JEFF PACHOLD/AFP/GETTY IMAGES

The hard goodbyes

NBA

Summer of so-longs sees signature superstars walk

Tim Duncan and Kobe Bryant. Dwyane Wade and Kevin Durant. Derrick Rose and Joakim Noah.

Players synonymous with their cities and their franchises are now gone in a summer of upheaval the NBA has rarely seen before, and the teams left behind begin their searches for new identities after saying the hardest of goodbyes.

"You never would've been able to convince me a couple years back that Wade wouldn't finish his career in Miami or Durant would have moved on in his prime from that great Oklahoma City team, or Rose after his MVP year, four years later he's not in Chicago anymore," ABC analyst Jeff Van Gundy said. "It just shows you. It's a hard league. It's hard to keep your group together. And when it is able to stay together, stay rel-



Tim Duncan and Kobe Bryant said their goodbyes in very different styles this year. ANDREW D. BERNSTEIN/NBAE VIA GETTY IMAGES

evant, stay competitive, you're very, very fortunate."

Count the San Antonio Spurs among the chosen few. Duncan fell in their lap when the Spurs won the draft lottery in 1997, and coach Gregg Popovich has long credited that bit of luck for the franchise's unprecedented run of success.

Five championships, two MVPs for Duncan, the most en-

during success story in American sports.

"Leadership can come from many different areas, but when your best player is the best leader, it's amazing how everybody else falls in line," said Timberwolves GM Scott Layden, who was an assistant GM with the Spurs for the previous four seasons.

"The other thing is how he's done it with such humility

and modesty. Not looking for any attention and accolades. It's more of what is good for the team.... Both on and off the court, he set the tone day-in and day-out."

Bryant beat Duncan out of the door by a couple of months, ending 20 colourful seasons with the Lakers with a 60-point outburst in his final game. The consistency wasn't the same as Duncan's, but the Lakers captured five titles as well during Bryant's tenure.

In some ways, things have only gotten easier for the Warriors and Cleveland Cavaliers, who have met in the NBA Finals the last two seasons.

Durant's move to Golden State gutted the Warriors' chief rival in the West and assembled perhaps the most potent starting lineup in league history in the Bay Area. Wade's move to Chicago weakened a challenger to LeBron in the East.

Maybe the only question left to answer going into next season is not who will be there in the end, but how each of these proud franchises will handle their new beginnings. THE ASSOCIATED PRESS

UFC

Big Brock rockets into top-10 ranks

Brock Lesnar has entered the UFC heavyweight rankings at No. 8 after beating Mark Hunt in his first MMA fight since December 2011.

The former UFC heavyweight champion returned to action Saturday at UFC 200 in Las Vegas, picking up a basic purse of \$2.5 million US for winning a decision over Hunt. Lesnar bumped Hunt to No. 9 in the rankings.

Lesnar returned to the WWE after his first seven-fight stint in the UFC. As to his fighting



Brock Lesnar
GETTY IMAGES

future, he told reporters in Las Vegas: "Brock Lesnar does what Brock Lesnar wants to do."

Former light-heavyweight champion Jon (Bones) Jones, pulled from the UFC 200 card due to a positive drug test, fell out of top spot in the UFC's pound-for-pound rankings.

THE ASSOCIATED PRESS

CFL

Williams 3 for 3 in players of week

Ottawa receiver Chris Williams has been named a CFL top performer for the third time in as many weeks, while Winnipeg cornerback Maurice Leggett and Edmonton slotback Adarius Bowman are also being recognized for their Week 3 performances.

Williams had 130 yards and three TDs as the Redblacks drew 26-26 with Calgary on Friday.

Through three games, the New Mexico State product leads the league in receiving yards (493), receptions (25) and TDs (six).



Chris Williams
THE CANADIAN PRESS

Leggett had two picks, including his first career interception return for a TD, as Winnipeg earned its first win of the season with a 28-24 road win over

Hamilton. And Bowman had 141 yards and three TDs, including a 56-yard TD catch, in the Eskimos' 39-36 home win over Saskatchewan. THE CANADIAN PRESS

IN BRIEF

Germany keeping Loew

Joachim Loew is staying on as Germany coach through the 2018 World Cup in Russia.

The German soccer federation said Tuesday that Loew "clearly told" federation president Reinhard Grindel that he will fulfil his contract, which runs until 2018.

Loew wouldn't immediately give a clear commitment after Germany lost to France in the Euro 2016 semifinals last week, but he was widely expected to stay. THE CANADIAN PRESS

Umtiti to land in Barcelona

Barcelona will sign France defender Samuel Umtiti to a five-year contract after securing his transfer from Lyon.

The Spanish champions said Tuesday that the transfer cost 25 million euros (\$27.7 million US).

In his debut for the national team, the 22-year-old Umtiti helped France reach the final of the European Championship, which it lost to Portugal on Sunday.

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RECIPE Basil Avocado Salsa Chicken



PHOTO: MAYA VISNYE

Ceri Marsh & Laura Keogh
For Metro Canada

Pair thin pieces of chicken with this easy salsa full of simple, fresh ingredients and you have dinner perfection.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients

- 4 boneless, skinless chicken breast
- kosher salt
- pepper
- 2 tsps olive oil
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound chicken to about 1/4 inch thick using a mallet or rolling pin. Season with salt and pepper.
2. In a large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.
3. In a large cast iron skillet over medium heat, warm 1 tsp oil and add two chicken breasts and cook through, about 4 minutes on each side. Transfer to a plate and repeat with the last two breasts.
4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

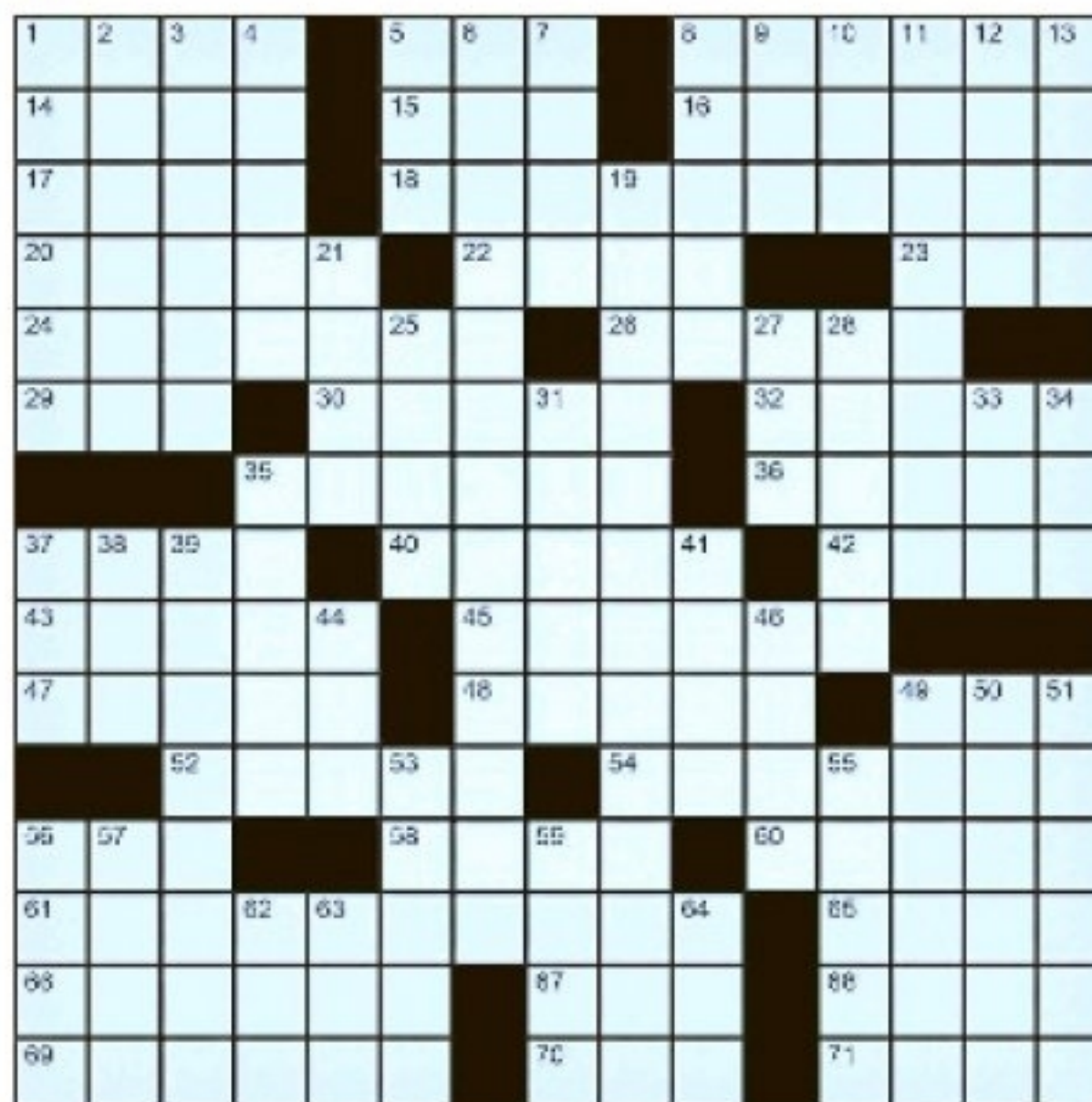
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ACROSS

1. "Eyes Wide _" (1999)
5. Maturate
8. 1969 Elvis hit: "In the _"
14. Stylish
15. _ Tin Tin
16. Update, workshop-style
17. Rainbow goddess of ancient Greece
18. _ _ Rod (Giant roadside attraction in Houston, British Columbia)
20. Soldiers group
22. Brewery yeast
23. Grassland
24. Imply
26. Effigy
29. Open 24 _ (All day/night store sign)
30. Saskatchewan hamlet near Moose Jaw; or, "Gigi" (1958) star Leslie
32. Garden's lounging lieu
35. Susan _ The Volcano Lover novelist
36. Wreck
37. 1/6 inch printing unit
40. Disconcerted
42. Bestow
43. Door accessories
45. Art gallery prints, e.g.
47. Category
48. Greyish
49. _ _ for Hull
52. Game ragout
54. Competitor
56. Dunk
58. Beatles title lady
60. "An _ of prevention is worth..."



61. Toronto subway line, Yonge- _
65. "Game of Thrones" character Jon
66. Write, chicken-scratch style
67. _ trial
68. Domesticated
69. " _ a Place" by The Beatles

70. Adjust
71. She- _ (Mother's trendy backyard oasis)

DOWN

1. Sew
2. Feeling from frightful film frames
3. Partnerships
4. Mr. Beckford
5. Cute bark
6. Manitoba municipality 350 kms northwest of Winnipeg; 2 wds.
7. Singer born Eithne Ní Bhraonain
8. Fairytale-inspired drama on NBC
9. Guys
10. Ordinal suffix
11. Eau de _
12. Muscle quality
13. Eldest sister in Three Sisters, Anton

- Chekhov's play
19. July 13th to July 24th, 2016: Winnipeg _ _ Festival, its slogan is "You Wanna Play?"
21. Somewhat, in music
25. One of the islands of British Columbia archipelago Haida Gwaii
27. Fitting
28. Jails in England
31. "Midnight at the _": 1974 hit for Maria Muldaur
33. Mr. Fleming
34. Un-new
35. Brand of hummus
37. Canada Post delivery, e.g.
38. 'Serpent' suffix
39. Plot
41. Subsequently
44. Salt, in a Montreal restaurant
46. Unfooled: 2 wds.
49. " _ Montana"
50. Household _ (Marketing survey question)
51. Brooded
53. Soil fertilizers
55. What the unprotected iron does
56. " _ in the Wind" by Kansas
57. Move an _ (Budge)
59. Puppy bites
62. Sort, for short
63. Baby baa-er's birther
64. However

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If dividing or sharing something, or having an important discussion about inheritances, make sure to protect your own interests. Don't give away the farm.

Taurus April 21 - May 21
You feel particularly sympathetic to a friend or loved one today. This is a good day for a warm, heart-to-heart discussion with someone.

Gemini May 22 - June 21
A co-worker might confide in you today or need your advice. Sometimes people just need a sympathetic ear. (Never miss an opportunity to practice a small kindness.)

Cancer June 22 - July 23
This is a lovely day for the arts or for doing any kind of creative work. You feel particularly sympathetic to the needs of children, which is a good thing.

Leo July 24 - Aug. 23
Family discussions will be warm and friendly today. This is a good day to talk to someone about his or her problems (or perhaps your problems), because people are sympathetic today.

Virgo Aug. 24 - Sept. 23
You might spend time daydreaming today, because your imagination is heightened. In fact, your ability to visualize is heightened, hence your desire to escape into fantasy.

Libra Sept. 24 - Oct. 23
If shopping today, you will be tempted to buy luxurious, elegant items. (It's tough to have champagne tastes on a beer wallet.)

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, dancing with mysterious Neptune. This makes you particularly sensitive to your surroundings and the feelings of others.

Sagittarius Nov. 23 - Dec. 21
Hidden secrets might be revealed today. Or perhaps you will feel more in tune with your own psychic abilities. (We all have them.) You also might be attracted to mysticism or magical ideas. ("Where is that Ouija board?")

Capricorn Dec. 22 - Jan. 20
A discussion with a female friend will be important and perhaps confidential. Someone might need your emotional support.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. Fortunately, it might be that someone discovers a good deed you have done. Something will reveal that you have a sympathetic, caring nature.

Pisces Feb. 20 - March 20
Because your appreciation of beauty is heightened today, visit beautiful places — museums, galleries, architectural buildings and parks. Enjoy your day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7		9	3			
5				7		3	1	
9			1		5			8
7		4				6		
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9			4		2		6	
	6	5		3			4	
			7	1		5		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	9	2	8	4	5	3	7	6
4	3	7	6	9	2	5	8	1
6	5	8	3	7	1	2	4	9
8	4	9	5	1	7	6	3	2
5	7	3	2	6	9	8	1	4
2	1	6	4	3	8	7	9	5
3	2	4	9	8	6	1	5	7
7	8	5	1	2	4	9	6	3
9	6	1	7	5	3	4	2	8

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